

118 H. ABSTRACT OF THE DISCLOSURE

119 According to the present invention, fat and caloric content of ice creams can be reduced by
120 the replacement of a portion fat content normally found in ice creams with an equal amount of
121 emulsified liquid shortening composition comprising dietary fiber gel, water and lipid. The result is
122 that fat and caloric content of ice creams can be manipulated with minimal effect on taste and
123 texture. Furthermore, these emulsified mixtures, or “emulsified liquid shortening compositions
124 comprising dietary fiber gel, water and lipid”, can further comprise functional foods such as high
125 omega three and omega six oils and pure omega three and omega six fatty acids, medium chain
126 triglyceride, beta carotene, calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic
127 antioxidants of vegetable origin, lycopene, luteine and soluble fiber, for example Beta-Glucan
128 derived from yeast, and other soluble fibers derived from grain, flax seed, and other vegetable and
129 fruit fiber sources, and any combination thereof. Hence, in addition to reducing fat and caloric
130 content of ice creams, further health benefits can be achieved by replacing a portion of fat with
131 emulsified liquid shortening compositions comprising dietary fiber gel, water and lipid.